

# Curriculum Briefing

## Student Well-being

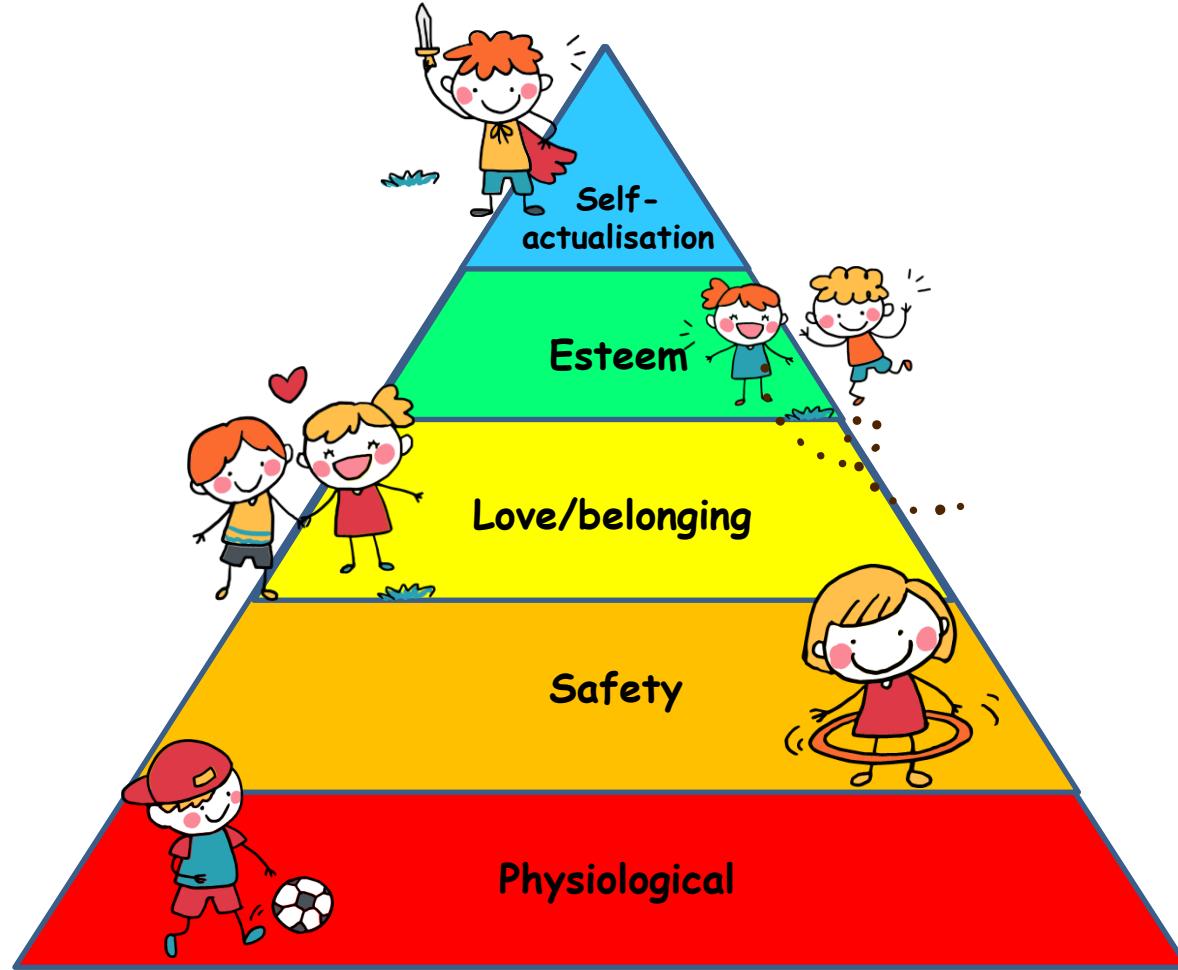
Learners driven by Passion . Leaders guided by Values  
*Respect . Responsibility . Resilience . Integrity . Care . Harmony*





# Student Well-Being Team

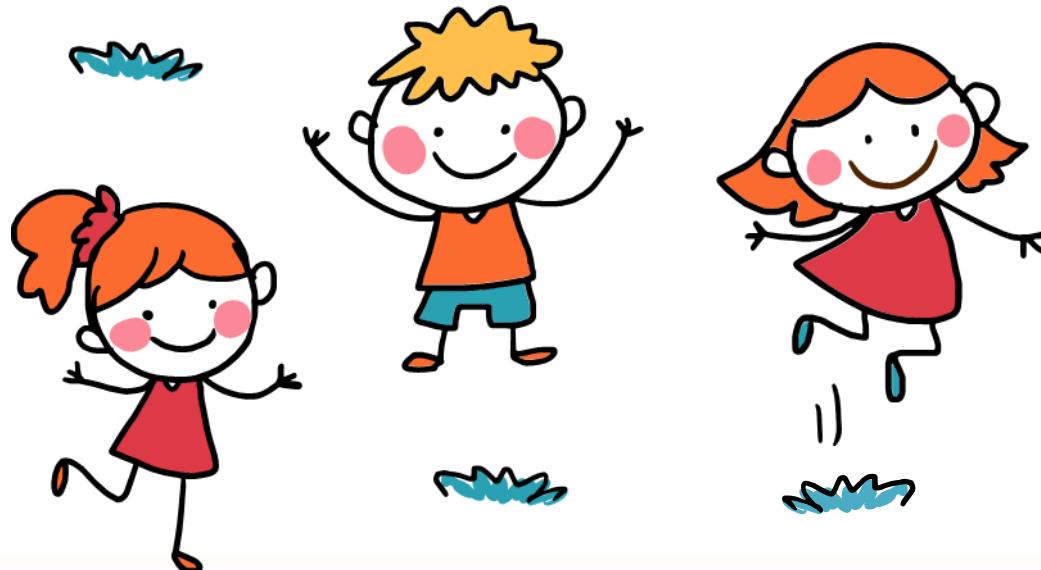
The team supports students' Mental well-being and Physical well-being as they pursue their passion and aspiration in West Spring Primary School.



# Support your child to achieve his/her full potential

As a parent, you play a key role in your child's growth and development.

Your child benefit most when the home and school environments are attuned to each other.



You can share with your child's form teacher about your child's needs and observations of his/her behaviour at home so that timely support can be provided.



# Monitoring your child's well-being



As a parent, you may monitor your child's well-being through **regular check-in conversations**.

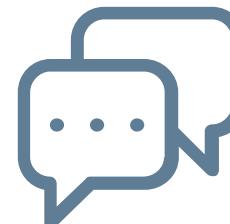


Here are some **touchpoints** you can start the conversation with your child at home:



**01**

Get to know your child's strengths, interests and aspirations.



**02**

Find out what is going on in his/her lives



**03**

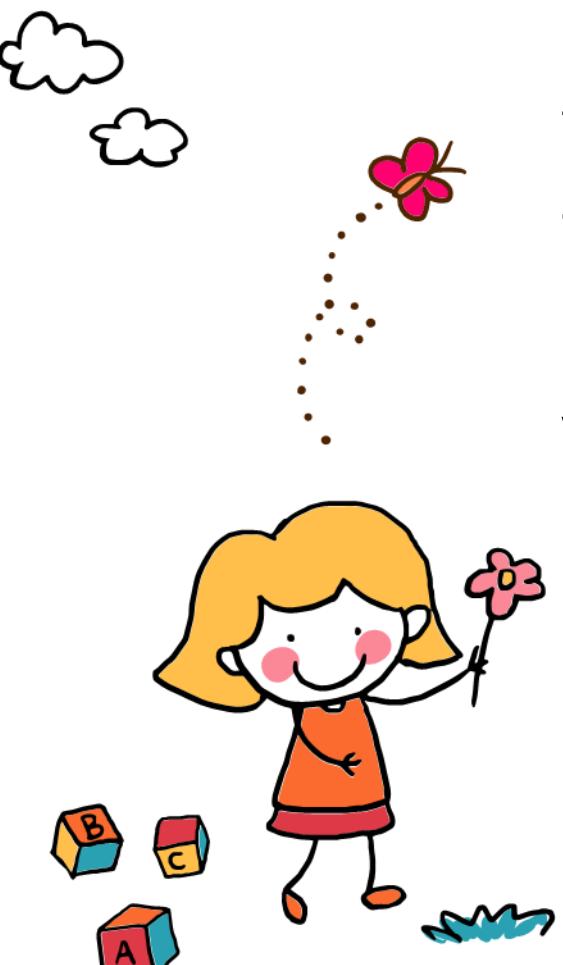
Understand the difficulties that he/she may be facing and how he/she is coping



**04**

Provide the support that your child needs

# Regular check-ins are critical



Identify your child's **social-emotional needs** and surface potential **safety concerns** in a timely manner.

This is especially important for child with hidden vulnerabilities, who may display less apparent warning signs.

Discuss his/her thoughts, views and concerns.

Extend support to their underlying needs.



Your child can learn about **resilient mindsets**, **coping** and **help-seeking strategies** through these check-in conversations at home.



If your child is not comfortable to share initially, you can try by showing **sensitivity and care** to build the **trust** gradually for him/her to feel **safe** and **comfortable** to share.

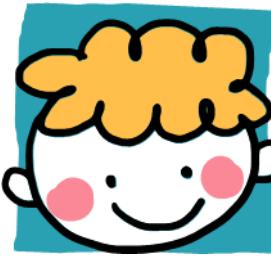
# Conversation starters



## Identity

Find out about your child.

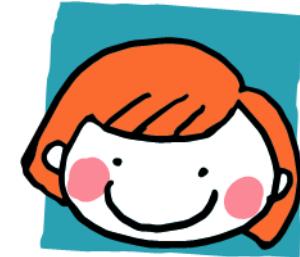
- Tell you 3 things that made him/her smile today.
- Tell you 1 thing that made him/her sad today.



## Relationships

Find out about your child's relationships with others.

- How are things at in school?
- How is he/she getting along with classmates?
- Have him/her met any interesting people online recently?



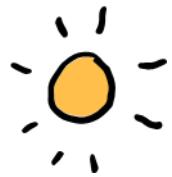
## Choices

Find out about the choices your child has had to make.

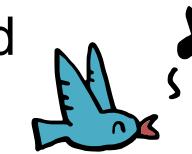
- What are his/her current concerns?
- How do your child plan to overcome them?
- Who can he/her go to for help?
- What to do when your child is feeling low or stressed?

Parents can **work with the Form Teacher** to address **pressing concerns** and **high stress level** of your child through **Class Dojo**. It takes many hands to support your child in his/her schooling journey.

# Create a safe space for conversations



It is important to create a space where your child feels **safe and accepted** to share openly.



You can create a safe space for conversations by:



**Being sensitive**  
to his/her feelings  
or responses.



**Affirming** his/her  
efforts.

**Being aware**  
of your own  
emotions and how  
you respond to  
your child.



**Keeping a look-out**  
for positive things  
about your child.



# How can you tell if your child is in distress?

Identifying and supporting your child with additional social-emotional needs



While **stress is a normal part of life**, too much stress can turn into **distress** when your child is **unable to cope**.

Keeping a look-out for distressed child.

A broad guideline for parent is to look for **unusual changes** or **increased difficult behaviours** in your child.



# Some possible signs of DISTRESS

## Temper changes

- Being more **irritable/ impatient**,
- Being **upset/ frustrated**
- Having constant **worries**



## Rebellious or aggressive behaviours

- **Reluctance to comply** with requests or instructions,
- Use of **hostile** language, overly irritable or hostile.

## Increased lethargy

- Appearing **distracted**
- **Waking up late** for school



# How can I support my child if he/she is in distress?



**C**alm him/her down



**H**ear him/her out

**E**mpathise with him/her



**E**ncourage seeking help

**R**efer to additional support





# Cultivating good habits



Discuss with your child the importance of having **good habits** and **carrying them out** each day.



It can be as simple as sleeping early to have **sufficient rest**, or making sure there are enough breaks between activities.



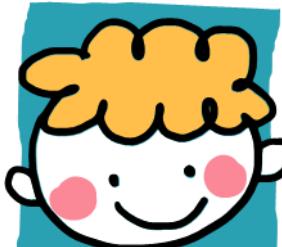
Going to bed at a **fixed time each night** can help children get accustomed to morning routines.



Getting the **books and items** required **ready** the night before.



Having a **plan/schedule** for the next day.





# Cultivating good study habits



Set up a **quiet space** at home that will be used for studying.



Guide your child to create a **study timetable**, and help him/her to monitor and adjust it. Do include time to play and exercise too.



Encourage your child to complete his/her **homework** first.

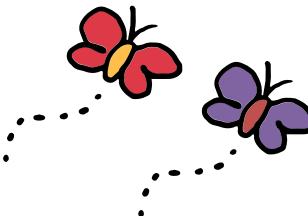


Guide your child to **revise** or do additional **practices daily**.



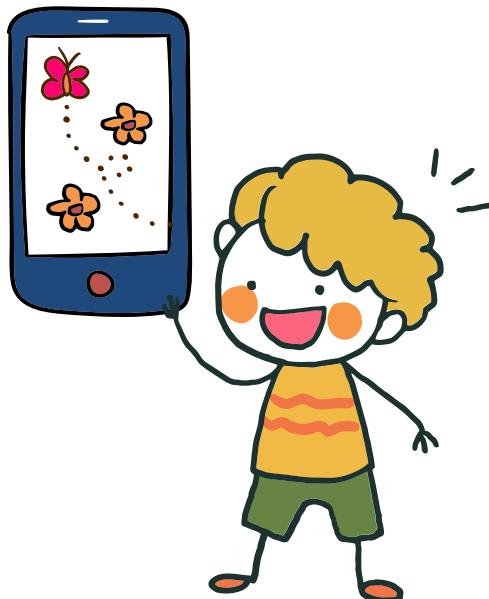
Set aside a regular time to **reading** at home for **30 min a day**.



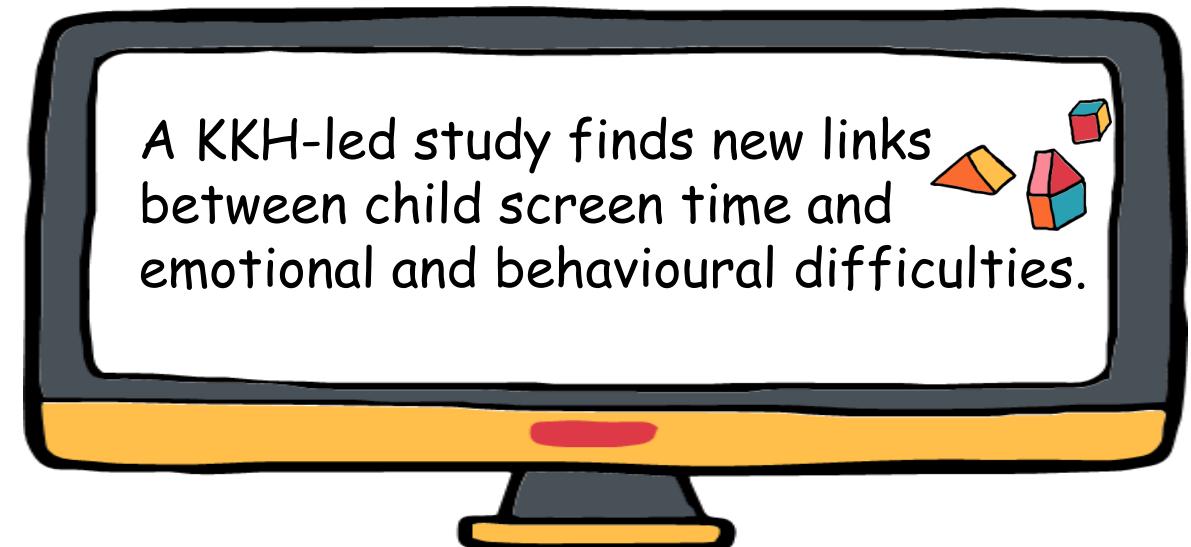


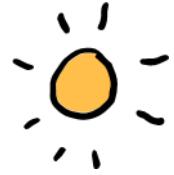
# Promote cyberwellness at home

As a parent, you will play an important role in helping your child to be a **responsible digital learner**.



Do refer to the curriculum briefing video done by the **ICT department** for more information.





# Helping your child manage cyber bullying

As parents, you too can play a role in helping your child to manage **cyber bullying**.



Prepare your child to take the following steps if he/she is being cyber bullied:

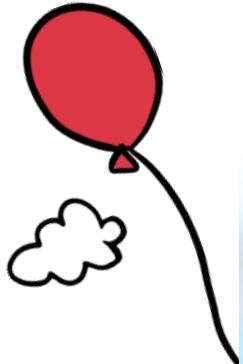


- ⇒ **Approach an adult whom they trust**
- ⇒ **Stop all forms of communication and interactions with the cyber bully**
- ⇒ **Save evidence of the cyber bullying incident and report it to form teachers**



The key is to **establish a strong relationship** with your child. Chat with your child regularly and encourage your child to share about his/her online activities.

# Grow Well SG



**SUPPORTING FAMILIES IN BUILDING  
HEALTHY HABITS IN CHILDREN**

**MINISTRY OF HEALTH  
SINGAPORE**

**Grow Well  
SG**

A national health promotion strategy to enhance preventive care and inculcate healthier lifestyles in children and adolescents.

Strategy to reduce the risk of poor health and development arising from:

- Sedentary lifestyles with excessive screen time
- Insufficient physical activity
- Poor nutrition
- Inadequate sleep

Focuses on children up to 12 years old, and to be extended to older age groups.

**EARLY INTERVENTION IN FOUR KEY AREAS**

**Eat Well**  
Good nutrition can support growth and enhance overall health and development

**Sleep Well**  
Healthy sleeping routines can improve concentration, mood and physical development

**Learn Well**  
Engage in diverse learning experiences for holistic development

**Exercise Well**  
Regular physical activity can strengthen bodies, sharpen minds and boost self-esteem

An equally important area:

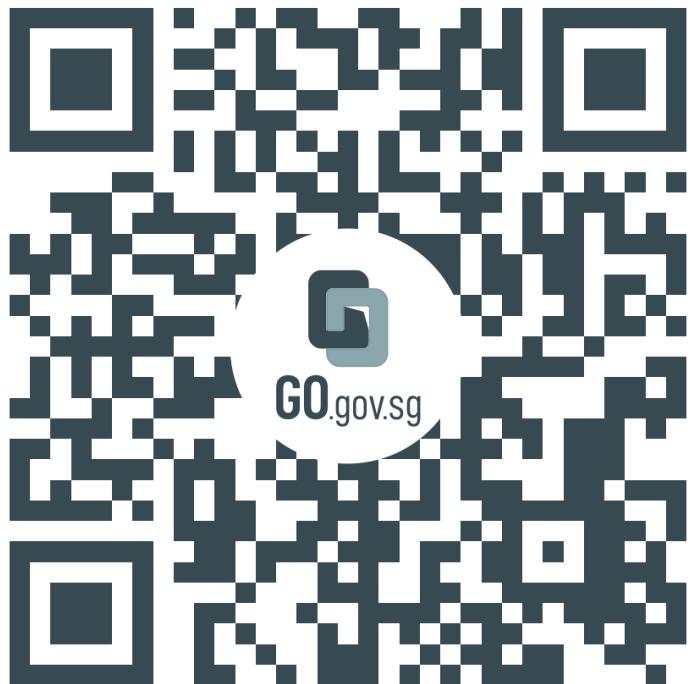
**Bond Well**  
Cultivation of strong relationships within the family and social connections with friends. This supports and reinforces healthy lifestyles.

# ☀️ Why healthy habits matter

- **Good sleep** fuels concentration and behaviour
- **Balanced meals** support growth and learning
- **Regular activity** boosts physical and emotional health
- **Positive routines** reduce stress and enhance happiness



# Grow Well SG



<https://go.gov.sg/wspsgrowwellsg>

- **Link to Grow Well SG website**

The website provides useful tips and strategies to help your child cultivate healthy habits.



# Well-being efforts at West Spring



- Termly check-in at the start or end of every term
  - Students are encouraged to complete the termly check-in surveys so that teachers can check on their well-being.
- Peer Support Leaders and Champions
  - Trained to identify peers in need and offer help or support.
- Wellness Hub
  - Open during recess every fortnight. Activities facilitated by PSLs and Champions which centers around themes such as making friends, respectful relationships and stress management.
- Resources on coping strategies
  - Videos and packages on SLS which parents and students can view and practise together.



Thank you!